

TOPIC PACKS · GRADES 2–6

# Olympics!

A cross-curricular themed week

## Suggested timetable

Day	Subject	Activity
Monday	History	Ancient Greek Olympics — where it all started
Tuesday	Geography	Host cities — past, present, future
Wednesday	Maths	Olympic records — distances, speeds, times
Thursday	Art & PE	Design medals; flag and torch design
Friday	PE	Class mini-Olympics — 5 events, all medals

## Day 1 — Ancient vs Modern Olympics

Aspect	Ancient Olympics	Modern Olympics
First held	776 BCE	1896 (Athens)
Where	Olympia, Greece	Different city every 4 years
How often	Every 4 years	Every 4 years (Summer + Winter)
Who could compete?	Greek men only	Athletes from every country
What did they wear?	Often nothing at all	Team uniforms



Aspect	Ancient Olympics	Modern Olympics
Number of events	Just a few — running, wrestling, chariot racing	Over 300
Prize	Olive wreath	Gold, silver, bronze medals

## Day 1 discussion

Why did the ancient Olympics include events like throwing a discus, javelin and chariot racing? Because they were skills useful in war and farming. Modern Olympic events are different — they reflect what we value today (gymnastics, swimming, team sports). Ask: If we invented brand new Olympic events for 2050, what should they include?

## Day 2 — Recent Olympic host cities

Year	Host city	Country	Continent
2008	Beijing	China	Asia
2012	London	United Kingdom	Europe
2016	Rio de Janeiro	Brazil	South America
2020	Tokyo	Japan	Asia
2024	Paris	France	Europe
2028	Los Angeles	USA	North America
2032	Brisbane	Australia	Oceania

## Day 2 mapping activity

Print or display a world map. Mark each host city above. Notice that the Olympics moves around continents — it has now been hosted on every populated continent except Africa. Discussion: Where in Africa might a future Games go? Cape Town? Cairo? Casablanca? Children plan a 'bid' for a fictional African host city — why their city would be a great choice.

## Day 3 — Olympic maths (45 min)

OLYMPIC RECORDS WORKING: • Men's 100m world record: 9.58 seconds (Usain Bolt, 2009) • Long jump record: 8.95 metres (Mike Powell, 1991) • Marathon record: 2 hours 0 minutes 35 seconds (Kelvin Kiptum, 2023) CHALLENGES: 1. How fast was Bolt in metres per second? ( $100 \div 9.58 = 10.4 \text{ m/s}$ ) 2. The classroom is roughly 8m long. Could you long-jump it? Mike Powell did



8.95m — almost a whole classroom in one jump! 3. The marathon is 42.2 km. The record is just over 2 hours. What's the average speed? (About 21 km/h, faster than most cars in town!)

### Day 4 — Art and PE prep (60 min)

**MEDALS:** Children design their own Olympic medal — gold, silver and bronze versions. Must include the host city, year, and an emblem of the host country. Cut from card and string with ribbon for Friday. **FLAGS:** Show the Olympic flag — five linked rings on a white background, representing the five inhabited continents. Children design a personal flag they'd carry as their own 'team' on Friday. **TORCH:** Each child makes a paper torch from rolled paper with red/orange/yellow tissue paper flames. Used for a Friday opening ceremony.

### Day 5 — Class mini-Olympics (60 min)

**FIVE EVENTS**, all medals awarded for participation, technique AND result: 1. **SPRINT** — 30m race in heats 2. **STANDING LONG JUMP** — measure each child's jump 3. **JAVELIN** — soft foam tube or paper plane, distance for accuracy 4. **SHOT PUT** — beanbag throw, longest distance 5. **RELAY** — 4x20m team relay with batons **OPEN** with the torch ceremony and flag parade. **CLOSE** with a medal ceremony where every child gets a medal — they're not competing against each other, they're celebrating taking part.

